

## How to Impress Yo' Girl on Valentine's Day

By Jackie Ruane

There's nothing more impressive than out doing all the other fellas on the day of love. Us girls secretly live for Valentine's Day and the flowers that stay in the corner of our room, the chocolates that stay on our hips, and the huge teddy bear that probably has lice that your boyfriend got you at Walmart on February 13th. Truth be told these presents have absolutely no use. So why bother getting these presents for your lady? Your girlfriend who has been hearing about all of her friend's Valentine's Day- yes you are in competition with all of your sweetheart's BFF's mates, and let it be known that the loser gets to spend the night with the most vicious animal of all, an aggravated lover. It'd be safe on your part to give into the dumb cliché presents, trust me.



Girls are tricky to please- these guidelines will help you master the art of Valentine's Day.

1. Walmart is acceptable. This is the one day of the year that Walmart is acceptable to shop for your boo thing at, take advantage of that.
2. Quantity over quality. It's not their birthday, this isn't your opportunity to buy them something overly expensive. Little cute gifts are key for this holiday, don't put too big of a dent in your wallet.
3. "You don't have to get me anything for Valentine's Day." This quote is a trap!!! Never, on any occasion, is this a truthful statement. You can never go wrong with spending a couple bucks to prevent yourself from this test that girls often tend to do on their man.
4. The thought really is what counts. In all honesty, the more thought that goes into a present on a day like Valentine's Day is way more appreciated than the more money that goes into it.
5. Valentine's Day isn't the biggest deal, it's nothing to stress too much over. This is one of the easier holidays to shop for, so just keep this in mind. The level of expectations people hold for this holiday are usually low, and if you're with somebody that expects an epic broadcast declaring their love for you turn around and never look back LOL.

Overall Valentine's Day is a holiday where you truly get what you give, a low key spent day is completely your choice- just remember that the effort that is put into this holiday affects the way your significant other treats you later on that day.

## History of Valentine's Day

By Kiara Shaeffer

Valentine's Day, also known as the day of romance, dates back to the 5th century. It is celebrated on February 14th containing Roman and Catholic traditions. There are many different tales coming from the origin of Valentine's Day. One of the tales tell the story of an imprisoned valentine who had sent the first "Valentine" fell in love with a young girl. Before he had passed away, he wrote a letter signed "From your Valentine" to her. This saying is still used today across the world. Some believe that Valentine's Day is celebrated to recognize the anniversary of Valentine's death or burial. Others believe it is in the middle of February to celebrate Lupercalia, which is an ancient Roman festival dedicated to Faunus, who is the Roman god of agriculture. Pope Gelasius acknowledged February 14th St. Valentine's Day at the end of the 5th century.

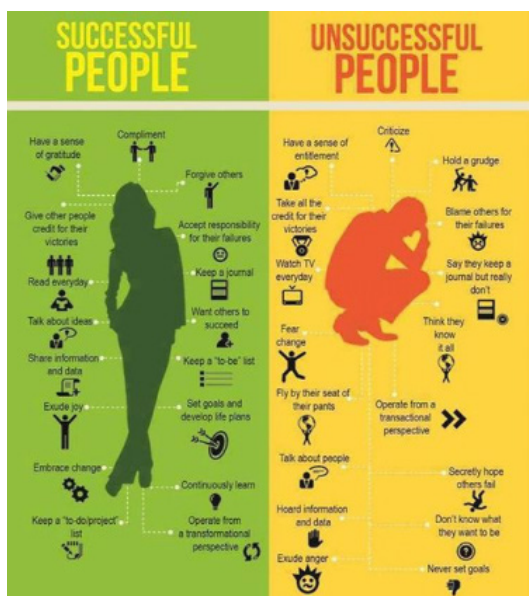


## Ghosts: Coping with the Past

By Ryan Kruschwitz

Successful people don't dwell on mistakes they made in the past. What we, as humans, naturally want to do is wish away what we have done. How can we move on from this feeling of remorse? It builds and builds until you're scarred and it changes how you react to different situations. You get so scared that there will be a repeated trauma like the one that emotionally scarred you that you completely change how you act. That leads to conflict with the people you love. You start to lose them. There is a way to prevent this. You simply learn from your mistakes to better you. By learning from the past, we not only let stress go; we also gain wisdom.

You can't dream and work on your future if you let your ghosts of the past haunt you. You can't keep an anchor tied to you because you can't take steps forward. Time is a precious thing that you can't earn back. Good things don't come to those who wait; you have to earn it. You have to fight for that dream job or beautiful girl in the coffee shop. You can try and fail but don't fail to try because a golden opportunity doesn't come very often. Those opportunities are either hit or miss. 50-50 chance of either failing and succeeding. Confidence is what wins those chances. Fear holds you back from an opportunity. Fear is conjured by what we've heard about in stories or seen by our own eyes in past experiences. We get so scared by the worst possible outcome because it's happened before and you know failure is a dreaded feeling.



The past only defines who you are if you let it. It'll overshadow you if you don't make a change. You create new memories to replace the old ones. Happiness isn't found in the past; it's created by what you do in the present. What are you doing with your life? Are you letting ghosts haunt you or are you defeating them with an optimistic mindset? What's defining you?

## The Rise of the Best Bodybuilder of All Time

By Brian Lonergan

Few people personify the American Dream more than Arnold Schwarzenegger. Arnold is most commonly known for his legendary bodybuilding career, extensive career in Hollywood, various business ventures and political reign in California. Arnold has won many distinct honors and accolades over the course of his life, including winning the Mr. Olympia competition a whopping seven times, becoming the Governor of the State of California, and earning a star on the infamous Hollywood Walk of Fame.

Life for Arnold wasn't always this glamorous though, growing up in Thal, Austria. He was the suspected bastard child of a Nazi police chief who had a strict regime over his family (which would later assist Arnold in his career). Everything the Schwarzenegger children did was closely monitored and regimented by their father who had extremely high expectations of his children, and if they did not meet these expectations, they might be abused. From an early age, it was apparent that Arnold's father, Gustav favored Arnold's big brother due to him thinking that there was a possibility that Arnold was not his biological child. Although his father might have been rough with him, he did encourage Arnold to play various sports, including soccer. While playing soccer (which Arnold excelled at), Arnold's coach took the team to train at a local gym in 1960. At age 15, Arnold fell in love with working out and began extensively working out in a gym in the City of Graz, Austria, as well as seeing many bodybuilding movies that included a great deal of his idols. Arnold became extremely dedicated to his training, working out with former Mr. Austria Kurt Marnul and said that, "I would be sick if I missed a workout".

As Arnold became a young adult, he quickly arose to the challenges of being a successful bodybuilder and began winning shows in Europe. He then made his first plane trip to London, England to compete in his first Mr. Universe, the biggest competition in amateur bodybuilding. Arnold came in second place behind Chester Yorton from America. Although he didn't win the competition, Arnold's raw bodybuilding abilities were noticed by many, including Judge Charles "Wag" Bennett. He invited Arnold to train with him, which Arnold benefited from, considering he won the Mr. Universe competition the next 4 years in a row and improved his English at the same time. He then moved to Munich, Germany, where he studied, worked and trained four to six hours a day.

Arnold had dreamed of moving to the US since he was ten-years-old and did so through bodybuilding. With a minimal knowledge of English and heavy Austrian accent, he began training at Golds Gym in Venice Beach, California with the infamous Coach Joe Weider. It was there Arnold became the best bodybuilder in the world. He lost his first Mr. Olympia in 1969 to three-time champion Sergio Oliva. After that, Arnold was on top, winning the contest for the next seven years in a row, while earning a college degree from University of Wisconsin. Arnold eventually retired from bodybuilding after his seventh title and set out to become an actor.

We can all learn from Arnold and his tenacious, ambitious and hardworking attitude. Arnold continues to lift, act and get involved with politics to this very day and remains a household name throughout the world.

## Gifts From The Heart

By Courtney Barlow

It's that time of year again! One day a year you get to be thoughtful and creative, and you're your significant other how you truly feel about them. Sometimes gifts can be really expensive. So how about this, make a gift that your significant other will love just as much! A gift from the heart doesn't have to cost a lot of money. These gift ideas that I have, are good for both a girlfriend and a boyfriend! It's always hard to find the perfect gift, especially when Christmas just passed. As a girl I know that I love photos, I love to take them and I love to look back at all the good times that I have had. My first idea is to make a scrapbook! You can go to a local craft store or even dollar store and purchase a general scrapbook. You can get fancy more expensive ones if you would like! Then, you can pick out tons of photos that you love, or that your significant other loves. You can print your photos out at Walmart for an inexpensive price, or buy a pack of photo paper and do it yourself for even cheaper! You can make this as decorated as you want, or as simple as you want. With a scrapbook you have all the freedom you want to get creative! You can also add a more personal touch, by adding a letter between some of the pages. You can do this in different ways; you can have a letter on the inside first page starting the book off.



Another very personal and thoughtful gift is the letter jar. This has been trending all over social media; this is a very easy yet meaningful gift. All you need is a jar, and colored paper. Then, you pick what topics you want to write about. For example, you could do: memories, compliments, and ideas for the future. Then assign a certain colored paper per topic, and cut them into squares. Write as little or as much as you want on each square, and fold up and place into the jar! You can decorate the outside of the jar if you would like as well.



Valentine's Day is supposed to show your significant other how much you truly care about them and your relationship. This requires thoughtfulness, not loads of money. These are just some ideas! For more ideas check out this website! I hope these helped you!

[www.topdreamer.com](http://www.topdreamer.com) Just type in Valentine's Day gifts in the search bar! Enjoy!

## Gift Ideas for Valentine's Day

By Brenna Roy

Valentine's Day is all about showing your significant other that you love them. There are plenty of awesome gifts to get your loved ones. A lot of people stress out about what to get, but here are some great ideas if you're struggling too! Valentine's Day isn't about showing how much money you can spend, there are plenty of low-cost gifts you can buy. Girls love getting flowers and chocolate; it is simple and very cheap.



For another example, if you want to get your girlfriend jewelry, Alex and Ani bracelets are cheap and very cute! All girls love clothes you can't go wrong with that. Although guys can be hard to shop for there are plenty of great gifts for them too. For example, a nice name-brand sweatshirt, and cologne from Tj Maxx or Marshalls for a reasonable price and throw in a favorite candy. If you are someone who likes being creative try making your own gift. You may try making a sensual gift which is about the five senses her or she would enjoy. Or a creative gift basket with their favorite things. I hope these are some helpful ideas to get you started on shopping!

## What to get your GF/BF for Valentine's Day

By Molly Wilmot

February came faster than you thought! This means Valentine's Day is right around the corner, and once again your significant other is expecting something nice out of you. Not that you would ever admit this to them, but you're most likely clueless.

What to get your girl:

Your list now....

- Flowers
- Heart- shape box of chocolates
- Card (my mom picked out) to give to her.

This is cute, but girls expect this from you. The idea of a present and Valentine's Day is to show someone that you care about them, you know them, and you can still surprise them after some time with a gift that they will feel special receiving.

Does she like to go out?

A 'scavenger hunt date' is a perfect idea if you don't do great in the gift department or are really stuck on what to get her. Plan a day that you are both free and tell her that her present is a surprise. You will leave hints on where to go maybe on a little card that will lead her to her next destination with you. Any girl would love this and it doesn't take much effort to do, just some planning ahead. This doesn't have to be costly unless you make it, so depending on where your ending destination is, it can determine your price limit.

Does she like to stay in?

Get all of her favorites! Find your favorite picture of the two of you and get it framed for part of your gift. Get her favorite candy, then get take out from her favorite restaurant and bring it home for the two of you to eat while curled up on the couch. While you eat, watch (for most likely the 100th time) her favorite movie. You will have one happy girlfriend by the end of the night.

What to get your boy:

There's one thing that boys always love and you can't go wrong with... Food.

For the new relationship: A good thing to do for a newer relationship is to buy a bunch of little things that you think he would like, this is also a better way to get to know him. Get a popcorn bucket, then fill it with movies and candy of your choice, along with some sportswear of your guy's favorite teams! Wrap it up, and the two of you can share the candy, make some popcorn, and bond over some of the movies you guys watch together.

For the older relationship: Call dibs on the oven at your house for part of the night and make your boy's favorite meal! Start with his favorite appetizer, then get sodas and other drinks that he loves, serve his meal special for him, and then follow it with his favorite dessert. Decorate the table if you would like. Plan a night of things you two can do together. After you eat, you can go out and hang with some friends or another couple together, but make sure you end the night together with a smile on both of your faces.



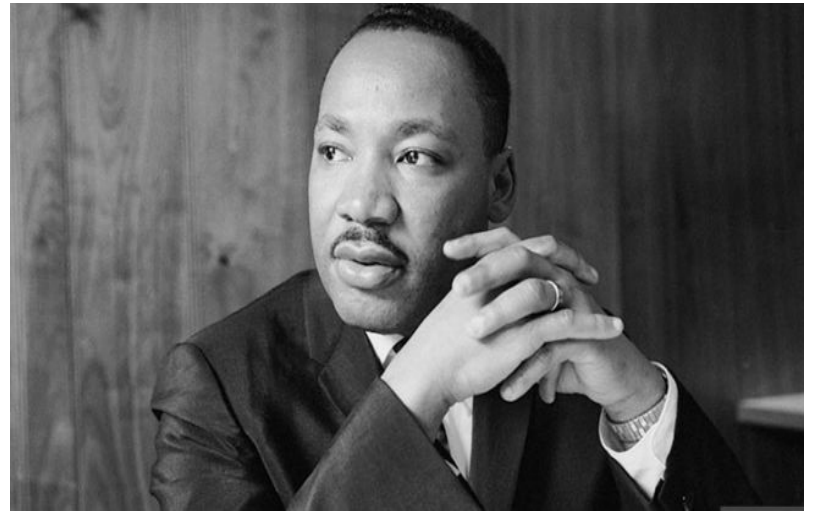
## The Dream of One Man

By Karissa Braga and Maggie Walsh

Martin Luther King, Jr. is a national icon who represents equality for all. His life served the purpose of spreading awareness of injustices and encouraging people to love one another, despite apparent differences. The day dedicated to his legacy not only serves to honor his great achievements but also to keep his message alive. MLK day is devoted to promoting involvement in community service and spreading love for all walks of life. Martin Luther King, Jr. once said, "Life's most persistent and urgent question is: 'What are you doing for others?'" MLK Day is a time for everyone to ask themselves this question and act on it as much as possible.

Martin Luther King Jr. Day is about encouraging people to give back to their community, so there are many opportunities for you can get involved. This could include volunteering at a local charity or spending time with people in a nursing home. It could also include taking the time to educate others on the importance of MLK Day. You can choose anything as long as it honors the memory of Martin Luther King Jr.

Keeping Martin Luther King Jr.'s legacy and philosophy alive is the main focus on his special day. Its importance impacts our minds in many different ways. Spreading the message of equality and kindness for all is a goal that society today still tries to achieve. The fight for civil rights changed the way society is run in the United States. Not only is MLK's legacy celebrated on this day, but the way we treat others is really highlighted. The day you spend giving back to the community will inspire your peers to do the same, as MLK would have wanted.



## Pond Puck

By Nick Krol

During the long cold winter months there is not much to do here in the lovely New England. The lakes freeze up, the temperature drops, and snow starts to fall. Those of us who don't ski or snowboard can take advantage of the lakes that freeze over. That's when it is time to lace up the skates grab a stick and grab some buds.

Pond hockey is perfect for the winter because when you're moving around out there on the ice, it keeps you warm enough to not want to get off even when it's below freezing outside.

The best places to play around the wonderful towns of Sandown, Danville, Plaistow, and Atkinson. Are the ponds, it's more fun, and more open to play pond hockey out on the ponds hence the name of pond hockey. Backyard rinks are always fun but then you have a cranky dad who is worried about his house getting hit or the pool being dented. Out on a pond, your only worry is shooting over the net and having to go chase the puck. Some common ponds are Phillip's pond, in Sandown. Hovey meadow pond, in Atkinson, and grand rental pond in Plaistow.

However, when you play on a pond you always need to first check and make sure it is safe so you don't fall through and get hypothermia which would not be good. The best way to check is by slowly stepping out and listening for cracking. Once you are far enough use an auger drill through the ice. If the ice is at least 4 inches thick it is plenty safe enough to skate on. So get out there and play some puck.



## Winter Spots

By Kayla Stundze

Want to explore fun new spots to go to in the winter? Tired of the same old places that you have been to? Check out these great spots to go to enjoy your winter.

Have you ever wanted to go dog sledding? In the town of Jefferson, NH in the White Mountains Muddy Paw Dog Sled Kennel has the best dog sledding in New Hampshire. Muddy Paw's has rides for all ages, while the young ones can visit and meet the dogs. The trips can be as long as 50 miles, long and they also offer overnight trips. A two hour trip costs \$300, while a full day costs \$745. This can be a life time experience; they always welcome cameras to capture every moment.

While most wait for the summer to go enjoy all the water parks to splash around, Kahuna Laguna is a spectacular indoor water park. Kahuna Laguna is located in North Conway's hotel resort. This resort is 40,000 square feet full of pools, water cannons, and all different sized water slides. The temperature inside stays at about 82 degrees and allows you to surf in the swirling wave pool and a giant hot tub that fits 25 people. Kahuna Laguna is welcomes all ages and have a play area designed for the little ones. They has an arcade inside and a Tiki Tide Cafe for any time you get hungry. Want to get away from the water for a little while? Go visit the Kahuna court and play some basketball. One day at the Kahuna Laguna for adults and children costs \$40.00. It will always be a blast.

Imagine walking through a castle made of ice. Right in Lincoln, NH 03521 at 64 Railroad St there are amazing ice castles to visit. You walk through a walkway with huge sculpted ice castles with amazing designs. There are 20,000,000 pounds of ice to explore. You may slide, walk, and crawl through any place you would like. They use lights and different attractions every year to make your experience the best. A weekday admission is \$9.95 and a season pass is only \$25.00. This is an experience you can't miss out on.

These are the best places to go visit in the summer. You cannot find any other places around to get a great experience.



## How to Spot an Unhealthy Relationship

By Bailey House

Sometimes it may seem like everything in your relationship is alright, but you could be very wrong. Here are some signs to know when a relationship is no longer healthy anymore.

If you no longer trust your partner, and you feel like there is nothing you can do to fix it, you are probably right. Being with somebody who you have little trust for will never work out. How are you going to believe them when they tell you something? If they have lied to you about something before, it may be very hard to fix it. If your partner tells you they are going out somewhere, but your gut is telling you they're elsewhere, it may be a sign that it is time to move on. You should not have one ounce of doubt of what your partner is doing when they are not with you.

While it may seem like constant insults between you and the person you're with is completely normal, this isn't the case. If your partner always insults you and belittles you, it is time to reevaluate the relationship you're in. Your partner should always shower you with compliments, not insults. They should always make you feel lucky to be with somebody who cares about you and love you. If they insult you and purposefully hurt your feelings, this can be a sign of an abusive relationship. An abusive relationship is something that is never okay.

Constantly arguing is always a bad sign. Never ending arguing in a relationship is a sign that can be overlooked. You may feel like that is normal because every couple fights. Yes, that is true because every couple does fight. But, if you are fighting over very little things every single day, it is a sign that your relationship is not healthy. Always remember that the good times should outweigh the bad, not the other way around.

Isolating yourself from your friends and family is another sign of an unhealthy relationship. If you are ditching your friends for your partner all the time, don't be surprised when your friends are no longer there once your relationship is over. It is not good if the only person that you are ever with is your boyfriend or girlfriend. Your friends and family should be most important people in your life, along with your partner. Yes, it is good to spend time with the person you are in a relationship with, but when you are always cancelling on other important people in your life to be with one person all of the time it is an unhealthy relationship sign.

If your partner is always controlling everything that you do, it is time to move on. Just because they are with you, it doesn't mean that they are allowed to dictate your life. It is also a warning sign of an abusive relationship. If they control every decision that you are supposed to make, you need to move on from them.

Looking at your own relationship may seem like everything is alright with it. But, you should take a step back and evaluate your partner and how they treat you. Are they always good to you, can you fully trust them no matter what? If not, then it may be a sign that this relationship is no longer working.



## How to Know She's NOT Into You

By Colleen Shea and Maekalah MacCleoud

We all question if the person we're trying to "mack on" is into you. We've heard that guys get nervous too, even when they don't show us. If you're a guy who's trying to impress the girl you're interested in, these are some ways to know she's just not feeling it.

-If you Snapchat her and she opens it but does not respond within 1 hour, the excuse of getting ready to look good for the reply is out of the question. She wasn't getting ready to look good for you; was just planning on ignoring you.

-If you keep asking her to hangout, yet she keeps asking for rain checks, chances are she just doesn't know how to say no.

-If your text messages with her consist of-

You: Hey!  
 You: Hi cutie  
 You: Hey what's good?  
 Girl: Hi  
 You: What're you up to!?  
 You: I gotta go to work, I'll text you after  
 You: Hey!



This should be a red flag that she just is not into you. Do not keep texting her! If you're interest in her does not subside, find another way to talk to her. If there are more than two un-answered messages to her, give up on the texting right then and there.

-If she talks to you about her boy problems, do NOT think this is her trying to move on, you are most likely friend zoned and that is when your chances have died.

-If you have liked her last 5 Instagram posts in a row, don't move on to favoriting her tweets.

Try to spark up conversation in person with her before going completely social media-stalker on her. This will not get her attention; it will actually freak her out.

-If she walks with a different boy between each period, do not think you're special for walking with her once. You might just be her way of making her ex-boyfriend mad when he walks by you two. Sorry.

-If she smiles and laughs out loud about one of your jokes, when her ex walks by, she is trying to get his attention and does not think you are actually funny.

-If she has her read receipts on when you first start texting her and then turns them off, she is trying to make it discrete when she begins to ignore you.

-If she texts you only when she wants food, do not deliver a snack to her house. This is not her trying to see you, it is her using you.

-If she says she isn't ready for a relationship, DO NOT say you are willing to wait. If she had interest in you, it would not matter if she was ready or not.

We hope these tips have helped you realize that your crush is not interested in you. Your ego may be demolished, and we apologize that they are so harsh, but the truth hurts. Best of luck with your next lady, hope it works out better than this one!

## How to Know He's NOT Into You

By Jordan Nason and Danny Efraimson

Ladies, if you often find yourself asking the question "How do I know he's into me?" (and trust me, we know you do), then you're in luck. Figuring out if a guy is into you can be rather challenging. This is because us guys know that all you ladies out there love "the chase."

The first sign to know a guy is not into you is if he never asks you to hang out. This is key. Everyone knows us guys need our bro time, it's a necessity. Easily. But if your boy is making time out of his day for you, then you're in. But let's not get too carried away here, don't expect this to be an everyday thing. Like we said before, every guy needs his bro time.

The second sign is the easiest; it's what we call the ignore tactic. This is when you finally build up the nerve to send a text, but you never get a reply. Chances are there's not even a contact name for you in his phone.

There's a higher chance that he has the MSPCA phone number in his contacts rather than yours. This just appears as a bunch of random numbers and you should expect a text that says "who's this?" Now don't give away your identity, because once you give that up nothing is coming your way. Get out while you can or just hit him with the, "What was the math homework tonight?"

Guys are straight forward, it's the cold-hearted truth. As hard as it seems to understand if a guy is into you, it's actually really easy.



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## How to Start Off Second Semester

By Liam Arteaga

A new year is upon us, and with that is a new semester. Many students consider this time to be a fresh start. Starting your semester off strong will take you on a road to success, it lowers stress and will make for another great half of a school year.

First things first: do not fall behind on your school work. Make sure to turn everything in on time so your work does not build up because next thing you know you will be drowning in your work. While on the subject of turning in work, make sure to plan a good work schedule to turn things in, try not to procrastinate as that can lead to an excess amount of work that you do not need.

These days, with most people having a smartphone, there are many apps that can help you stay organized and on top of things. A great app to use is MyHomework; it helps to give you due dates for whatever you use and track due dates for long term assignments. If you have struggle staying organized, this may be the app for you.

Lastly, remember to check your PowerSchool. Make sure you regularly check your grades in case there may be a mistake or if you happen to be missing any work, you can get it in.

Second semester is a new chance to start your second semester off strong. Hopefully using these tips you are able to achieve what you want to, whether it be receiving better grades or improving your work ethic.

## What's the Right College for You?

By Miranda Kryskow

The right college for you is not going to be the right college for your best friend! This is a super important thing to remember when picking your college. You may want to be with your friends but there are more important things to think about when picking the college you will spend the next 2-6 years at. The things to think about are education, money and location.

Education should be at the very top of the list! The whole reason you are going to college is to learn, so the educational part should be what you look at the most. Do the colleges you're looking at have the major you want? How strong are they at that major? Are they well known for producing students who get good jobs that have to do with your major? How do they compare to other schools? All these questions should be thought about when you make your choice. If the educational standards are not met with the school there is no need to go further, it's not the school for you. For example, if you want to go to vet school, you should try and get into schools that are known for being good at teaching vets, not business people.

Location is really important to a lot of people, whether your commuting or living on campus. If you hate big cities, you don't want to go to a college in a city, because you are probably going to hate it! If you don't want to be in a little college town, and you go to one then if you go to one you are most likely going to be bored out of your mind. If you want to stay at home and commute, then you don't want to pick a place that is four hours away. Location is not thought about as much, but it important because this is going to be your new home base. You should like going to school or like living at school. The goal isn't to pick the prettiest place but to pick the place that you will be able to live at or go to on a regular basis. See want you want to do, where you want to go, and make sure to factor that into your final choice.

If the college you're looking at meets all your educational standards and location standards then it's time to look at the money. College is expensive! Most likely you are going to need loans, scholarships and financial aid. The main thing to think about with this is how much are you willing to spend? This may also be easier when you see how much you get in scholarships and financial aid, after that you can look and see how much more you will have to pay out of pocket. Keep in mind that the least expensive doesn't have to be the one you go to! The other two factors should be weighted equally with this. If you have to spend a little more on a school with better educational reputation and a better location it might be worth it to you to spend that. At the end it is all up to you.

Picking the best college for you is all about you and your preference. This is a major choice, so put a lot of thought into where you want to be for the next two to six years. Remember, at the end of the day the choice is yours, it's all about what you want to do, not your family. It's your life, so go where you want! Good luck future college kids.

## What is Senioritis?

By Samantha Milone

Finally! You just hit the send button that submitted all of your completed applications to your selected colleges. This feeling is probably one of the best feelings for a senior in high school. Going through the process of selecting colleges, applying to the colleges, writing an essay, and searching for teachers to write you a killer recommendation letter can get very tiring by the time you are finished. Completing this task comes with a lot of relief, but it usually also causes a severely high case of a well known diagnosis known as Senioritis.

Senioritis can be diagnosed by a series of symptoms. When you get home and you look at all of the homework that has to get done, you suddenly get this awful pain in your stomach, more than usual of course. Usually the mindset would be knowing you have to get it done to get that passing grade so your top college will accept you, but now the mindset has shifted. It has gone into a mode of carelessness. You will stop studying for tests and quizzes, push off homework, and decide to play Trivia Crack on the phone rather than paying attention in class. The comments such as, "I already got accepted to college, it doesn't matter." "Who cares?" "I'll just do it tomorrow before class," come into action. These are all clear signs of Senioritis. Now, you are probably reading through this and realized you have a serious case of Senioritis and are wondering if there are any treatments. No worries, with a few mindset reminders and helpful tips, you should be healthy again in no time.

One big reminder to keep you focused during the last few months of high school is to remember about being accepted for scholarships. Most to all colleges and universities require you to maintain a 3.0 GPA throughout the school year in order to keep your scholarship. Not meeting their requirements, the school will remove the scholarship you have been granted. So keep those grades up! Another tip to keep in mind is that colleges may decide to wait list your application, which means they will be looking at your mid-year grades and so on until their final decision. This should motivate you to prove to the college that you keep focused all year long and also increases your chances of acceptance. You have worked hard the past four years to get where you want to be; don't let the last few months distract you from going there. Have fun participating in senior shenanigans and events, but don't let it take up too much time. Have fun but study hard!

## How to Avoid Senioritis: Finding a Balance

By Danny Efraimson

Senioritis is inevitable; it's going to happen. But hold that thought because I'm here to give you the steps to avoid senioritis at all costs.

It's the end of the year; it's party time. Graduation will be here in a blink of an eye, but you have a physics exam coming up. You say to yourself, "That party would be fun. I'm a senior and that exam can wait". Well first off—wrong. Exams can't wait because they are a piece of paper, they can't even move. You're an adult now; take the mature path to this. A way to do both is to just make a plan. Say the party is on Saturday and the day is Monday. Study for 25 minutes a night leading up to the party so you're not stuck inside your whole Saturday night studying physics and watching *Gossip Girl* on Netflix.

You've got calculus homework, but Chipotle does sound pretty good. You and your "boys" have been craving chipotle for about a week now, and the opportunity to go has arisen. This calculus homework is very important to your final grade. But then again, that barbacoa burrito is screaming your name. So here's the plan Stan: take the homework with you! Do it on the way or even at the restaurant. Chipotle has some pretty fancy tables, or at least enough elbow space to do 15 problems of calculus. So what if you get a little guac on the homework. At least you're getting the credit.

There are many ways to avoid senioritis. You just need to take time to think. There are many times when you can socialize with friends and do your school work at the same time. Just bring your books with you when you go out and find time to do some of your school work in segments.

You can always find that motivation deep down inside to do something, you just have to think of the positive outcome of what could happen if you get it all done. Although senioritis is bound to happen, when it comes, kick it right in the behind.



## A Diamond In The Rough

By Ben Schena

Would you trust a restaurant less than 100 feet from a pet co to have impeccable food and service neither would I until I stepped into Pellana Prime. A hidden gem, a diamond in the rough in downtown Danvers is where Pellana Prime resided in an inconspicuous building off of the main road. As you open the heavy glass door, the atmosphere captivates you with rich dark oak wood that covers the floors and most of the furniture and what's not covered in wood is covered in dark genuine leather. The table covered in a spotless white tablecloth with folded napkins place on top.

Pellana Prime is a five star steak house, and it earns every one of those stars from the food and the service. You are greeted by friendly and well-trained staff with class and refinement. As I sit down and was handed a leather bound menu with culinary perfection exuding from within. Pellana is known for having renowned steaks; the quality and flavor is unparalleled to any other steak houses in Boston. The steak they use is prime and only prime. The steak gets its pronounced and irresistible flavor from the wet ageing process that the meat under goes before it is butchered and grilled to order.

Pellana has an extensive menu of the freshest New England seafood to the most vibrant and freshest ingredients and everything in between. The seafood is brought in daily, the oysters that are served come from a regional cold water clam beds found in areas from Duxbury Massachusetts to the waters of costal Connecticut. The sides at pellana boasts are amazing to say the least; the mushroom asparagus risotto and the sautéed spinach are only two of sublime side that can be ordered. The dessert menu has an abundance of decadent creations that will tantalize and stimulate your taste buds with each bit taken. The Crème Brule is their signature dessert served with sliced strawberries with a caramelized sugar topping. Another headliner dessert would be the malevolent Chocolate cake it's almost a sin to eat it with rich filling and smooth dark chocolate fudge as frosting paired with vanilla bean ice cream.

Pellana is extravagant to say the least, but extravagance comes with a price and here is where there is a draw back to Pellana greatness. Pellana is the type of place you go to for a special occasion or a business meeting. But this review is not to focus on the pricing it is the focus on how superb the food is and how this is more than a restaurant it is a dining experience that everyone should indulge the price and experience delicious fresh food with an atmosphere that keeps your senses entertained and a wait staff that makes the experience as pleasurable as much as the food does. Leaving Pellana you feel intoxicated by all the food, so content with the experience you have just had that you cannot help but feel gratification with what you have just eaten.



## Sushi Time is The Best Time

By Liana Salvaneschi

On any day of the week, it's a good possibility that you'll find me at Sushi Time. I'm usually there enjoying the food and atmosphere with my friends or family. Sushi Time is a small Japanese and Chinese restaurant in Plaistow, NH. It's a community favorite and a great place to get a quick bite. Sushi Time is a restaurant where you can step outside of your comfort zone or stick to your favorites.

Some of my favorite rolls are the 007, or the Crazy Maki which are both \$10.00. If you go before 3 pm, you can order a bento box for \$7.95. They are one of my favorite things. If sushi isn't your thing, there are many more options on the menu. They serve traditional Chinese food, such as Lo Mein, chow mein and spring rolls. I suggest a bento box, if you are very hungry and are in the mood for a little taste of everything. They come with miso soup, a house salad, California roll, shumai, rice and your choice of either steak teriyaki, chicken teriyaki, or vegetable teriyaki. I promise if you order a bento box, you will not be disappointed.

As a broke high school student, Sushi Time is a cheap way to get great food without breaking the bank. Although, I don't suggest Sushi Time for any type of date even if you've been dating for a while. No one looks cute eating sushi. Overall Sushi Time is a great place, and the staff there is excellent.



## Our Trip to Casey's Diner

By Molly Wilmot and Colby Dudal

"Waffles with a side of bacon", said the waitress as she tosses it our way. "French toast with fruit salad, enjoy!" The waitress left our table and we begin eating our choice meals. We immediately realized how delicious they were. With one bite and you will be hooked on Casey's diner!

The bacon was warm and crisp! Senior, Colby Dudal said "It was some of the best I have ever had." His waffles were fluffy with the perfect combination of cinnamon and sugar. The French toast for Molly was a just the right size along with perfect taste! It was served with significant amount of fresh fruit on the side.

This baseball-themed, homey diner is located on 125, in Plaistow near Market Basket. Casey's diner has been around for many years, and we know why. It's a home run! They are open seven days a week from 6 in the morning to 1:30 in the afternoon. The staff is a pleasure to deal with. They make the atmosphere extremely welcoming. Many say on Yelp reviews that the waitresses/ waiters make you feel like a regular even if it is your first time there, we happen to agree!

Breakfast and lunch is served at Casey's and no matter what you get, you will be more than satisfied. Not to mention, you walk out of there with a full stomach and wallet. Prices are great at this diner! They Full portion- sized meals for at least two to three dollars cheaper than most restaurants in the area. You can count on us to be back!

Our next visit will be to 'Live Free or Diner.' if you wish to hear about it, check back to our article next month!



### A True American Hero

By Sam Gilman

Bradley Cooper was nominated for six Golden Globe awards for his record-breaking war hero movie, American Sniper. The movie takes place in the early 2000's, when America was at war with Iraq. Influenced by the attacks of 9/11, Chris Kyle enlisted into the navy and trained to be a Navy Seal. Leaving his wife and unborn child at home, Chris was shipped off to Iraq to fight the war on terror.

The movie portrayed Chris as a family man and a loving husband. Bradley Cooper, who was the actor that played Chris, did an outstanding job earning nominations for Best Picture and Best Actor. Chris served four tours in Iraq being a guardian, and mentor to the Marines he watched over. In the movie and real life, the soldiers who fought beside him felt safe and invincible. He was a leader and a role model to everyone. He saved countless lives and served a very important role, taking down high profile terrorists and the most lethal terrorist sniper Mustafa.

Kyle had to make decisions overseas that most Americans would not be able to do or live with. Chris is a hero to all and should be treated as one. This movie has brought a surprising amount of criticism from the media. Michael Moore, a famous movie director said, "Snipers are cowards." It is a real shame to see these comments getting any attention in the media. Chris Kyle risked his life to fight the war on terror for four years, so for someone to say he is a coward is disgraceful. The story of Chris should be shared throughout the country. I extremely suggest seeing American Sniper. It is a story of Chris Kyle, a true American hero.



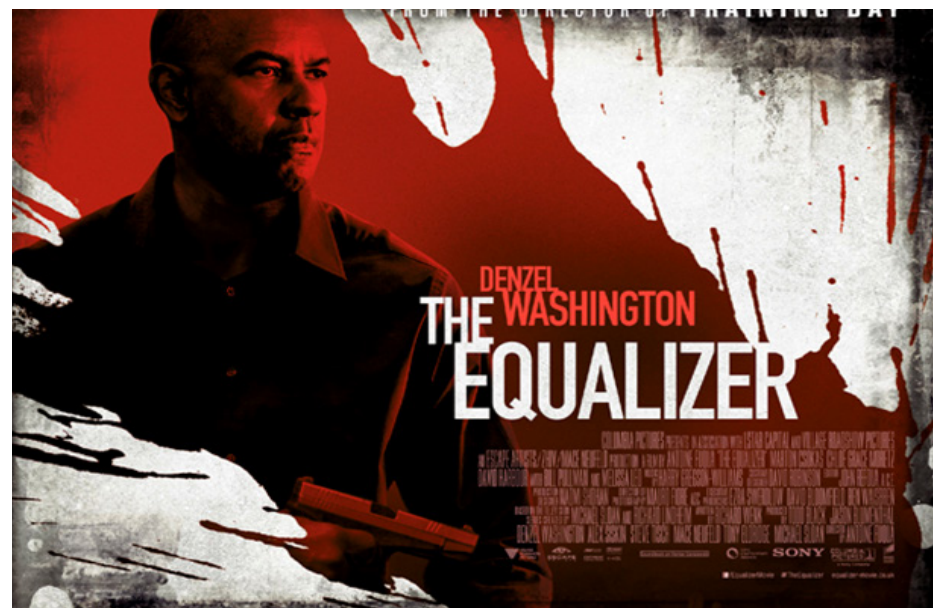
### The Equalizer: An Action Packed Thriller

By Timmy McLaughlin

Denzel Washington, one of the best actors in the business, stars in an epic and heart pumping film called "The Equalizer" directed by Antoine Fuqua. In the film, Denzel plays the main character "Robert McCall" an ex-black ops operative who resides in Boston, Massachusetts. His unique set of skills allow him to see things with a keen eye and break down time in order to take out the ones who are trying to kill him, the Russian Mafia.

Robert McCall is an average day man with an average job at the Home Mart in his town. He helps his friend Ralphie out by training him to be a security guard and uses his set of skills to push Ralphie to his limits. McCall in the film is struggling to keep moving on with his life due to his recently deceased wife, and when the Russian Mafia starts to get involved with his personal life, he has to take a step back from what he promised to his wife, and track down the Russian trafficking system. After meeting a young Russian teen named Teri, whose real name is Alina, he feels compelled to act after he sees this young girl being mistreated by her "Pimp".

During the rest of the movie you see how McCall uses his set of skills in order to take out unjust people acting out in his home town. When the Russian Mafia finds out who McCall is, they send in their best to find him and kill him. The middle parts of the film show McCall diverging the mafia in order to stay under the radar. Near the end of the film, McCall eventually flies to Russia to take out the head leader of the Russian Mafia, stationed in Boston. Taking out all 6 guards with their own weapons, he sneaks into his house and sets up an electrical trap which eventually kills the leader "Pushkin". The reunification of McCall and Alina almost seems to be the set up to an "Equalizer 2" but it's not certain. So if you're ever interested in watching an action packed thriller, check out "The Equalizer" and how this simple man is really not so simple at all.



### Unbroken- Survival, Resilience, and Redemption

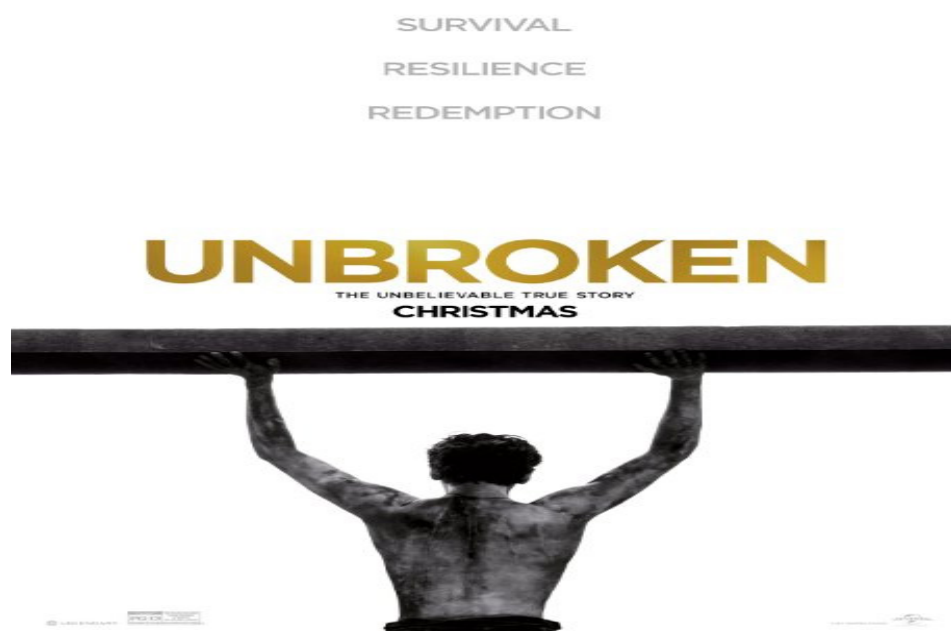
By Evan Lanctot

Based on the award-winning book written by Laura Hillenbrand, *Unbroken* is a biography of an Olympic track star and World War II veteran. The film starred Jack O'Connell as Louis Zamperini and was directed by Angelina Jolie.

\*Note: This Review does contain spoilers. If you do not want to know what happens to Zamperini, I recommend to read the novel or see the film.

The movie starts with Louis Zamperini and the rest of his B-24 crew flying over a Japanese owned area about to start a bombing raid. At certain parts of the raid it shows flashbacks of Zamperini during his days back at his home in Torrance, California, the flashbacks include the times he was a troublemaker child, to when he started his running career, and more throughout his life as a track star.

I enjoyed how Jolie, the director, interpreted the beginning part compared to the book. The flashback aspect was a really intriguing idea, and I believed it worked very well. During the mission, they had a very action-packed fighting scene in the B-24, and the effects were outstanding from the bullets going through the plane to the fear in each actor's face. It looked like they were truly in the air and acting as if they were really facing death at any moment. Zamperini and his crew were on another mission when their plane crashed. Only three of the eleven crewmen survived the crash: Louis Zamperini, Russell "Phil" Phillips, and Francis "Mac" McNamara. These three members would attempt to survive on the open ocean until rescued. I understand it was hard for the film to capture all 47 days on the two rafts and all the detail that the book had, or else the movie would have been five hours long. Jolie and the movie crew did their best and did a good job highlighting the most interesting parts. From the men violently killing fish and sharks for food, to going through intense ocean storms, and even getting shot at by Japanese planes.



The film did a satisfying job capturing the experiences on the rafts with the three men between their red, dried-out skin and the build of their bodies. Louis Zamperini is saved after 47 days at sea, but it is by the Japanese. He is then sent to multiple POW camps. The movie is done really well at this point with very intense, emotional scenes during Zamperini's time at the camps. This includes a very heart wrenching scene where every POW is forced to punch Zamperini in the face. Jolie did a great job in this part making sure the scene wasn't too short or too long, getting the timing and effect of physical and emotional pain for each actor in this scene. This is one of many scenes that are really profound and some of the best moments in the movie because the actor Jack O'Connell, who plays Louis Zamperini, does an excellent job really understanding his role. At the end of the film, there was an outstanding and heart touching moment because they had a still shot of the last scene with Zamperini and his family then transitioned to an actual picture of the moment with the real Zamperini.

## LL Cool Review: A Larry and Lony Album Review

By Chris Leondires and Brian Lonergan

If you're looking to broaden your musical horizon, this article will provide just the songs you're looking for. Every month, we will be choosing up to three albums to listen to and review. The albums will vary in genre and release date. As with every new issue, we have a new list of albums looking for some love from the Timberlane community. Mixing up the genres and time periods, we're hoping to generate new fans for each of the following artists and albums.

### In the Aeroplane over the Sea by Neutral Milk Hotel (Indie Rock/Folk Rock)

Neutral Milk Hotel, an American Indie Rock Band, released their second studio album "In the Aeroplane over the Sea" in 1998. Much of the album's content was prepared by lead singer, Jeff Mangum, who released the album only to receive little reception at the time. Since its release, the album has gone on to sell over 300,000 copies and gained popularity over the belief that it was written about Anne Frank. Mangum has stated that Anne Frank's Diary has had an influence on his craft and includes lines referring to her birth and death dates. Described as Fuzz-Folk, the album's inventive use of the acoustic guitar, accordion, organ, and multiple brass horns create an old-timey but multifaceted composition ranging from nearly progressive rock to classic folk. Mangum's voice, although it doesn't vary much in tone, complements the organic sound being produced. The album can be gentle at times with "Communist Daughter" and "Oh Comely", slowing down the upbeat pace of the songs set at the beginning of the tracklist. This album also contains two songs, "The Fool" and "Untitled", which lack lyrics and allow the listener to interpret the feelings of the songs.

After listening to this album, I felt as if I had gone on a journey where I had seen everything from far and wide. At times, I felt completely immersed in the music and reassured that everything is going well in life. Minutes later, you're listening to a song that makes you feel like a defeated soldier returning to your hometown. Then, to top it off, you'll listen to "Holland 1945", which I believe is the best song on the album, it is the perfect sing-along, air drumming, pour-your-heart-out-while-performing-in-your-car piece that will psych you into excitement. Whether it's an early morning road trip at the beginning of a perfectly planned day, or a time of reflecting while you're just relaxing, I definitely recommend this album. In the Aeroplane over the Sea is an overall excellent composition that will leave you feeling nearly triumphant and victorious by the time you reach the end. Had it not been for the monotone singing, the unique and powerful lyrics coupled with the rest of the positives would have allowed this album to achieve a perfect score.

4 / 5 stars

### Black Messiah by D'Angelo and the Vanguard (R&B)

After a 14-year hiatus, D'Angelo, the once critically acclaimed R&B singer, released his 3rd studio album which many people claimed "was worth the wait". It's very rare that I'm in a rush to listen to an album, but Black Messiah was something that was hard to wait to review. After having been out for a couple weeks, I finally managed the time to go out and purchase a hard copy of the artist's first album since the beginning of this millennium. Its release this December acquired lots of positive feedback; however, the numbers it produced were not staggering.

D'Angelo created and produced nearly every aspect of this album, as he attempted to play every instrument for the project. The tracks consist of a very raw and soulful feel which stems from the many personal issues D'Angelo had been facing during the production of this album. He incorporates many different styles of music ranging from funky bass lines and tweaked guitar textures to beats created by Jimmy Fallon's late-night drummer, Questlove. And, of course, the sheer sexiness and passion given off by the smooth, high-note-hitting voice of D'Angelo gives the album the original R&B feel.

Throughout the album, D'Angelo gives the impression that he was careful and conservative on how and when his lyrics would be interpreted, letting the creative and ingenious beats compel the listener on their own. A personal favorite, "Sugah Daddy", is both musically and lyrically lively and will almost instantly have your head bobbing. However, amongst all the unique and funky beats there contains the seductive tone that's always been associated with the singer. Nothing says romantic more than a candlelit dinner with the songs "Really Love" and "Ain't That Easy" playing just soft enough to be drowned out by the clink of the toast. Funk, Jazz, and Soul all find their place in this album allowing for a smooth and rhythmic flow through all the song varieties. The lengthy production and release of this album is truly the only negative. D'Angelo crafted this album from his heart and it is hard to not be in awe upon finding out that only three other people are credited in the production of it, with the bulk of it being accomplished by him.

4.5 / 5 Stars



### Skid Row by Skid Row (Hair Metal)

The 80's were a golden age for metal music, when many different sub genres and bands developed into international sensations. One particular sub genre took the spotlight over the rest: Hair Metal. Known for its wild visual appearance, over-the-top stage antics, high-pitched and powerful lyrics, in your-face-attitude and party intensive lifestyle, Hair Metal quickly became one of the biggest genres in the world after its historic start on the infamous Sunset Strip Boulevard in Los Angeles. Bands like Motley Crue, Poison, Warrant, Ratt, Dokken and Whitesnake became wildly popular all over the world. My favorite band from this particular genre is Skid Row. Led by an infamous and controversial front-man Sebastian Bach, the band took Hair Metal and gave it an extremely edgy and rambunctious attitude. When asking fellow Hair Metal enthusiast, Lucas Appleton about Sebastian Bach, he explained, "Few people personify the spirit of 80s hair metal than the legendary vocalist Sebastian Bach, he will forever be one of the greats in my eyes." Nowhere did Bach shine more than on Skid Row's self-titled debut album which was released at the very end of the Hair Metal era in 1989. The album was one last hurrah for the over-the-top genre and delivered it with some serious attitude. I first heard this driving around with fellow Owls, Alfred Rapisarda and Lucas Appleton, only to fall in love with it. Apparent from the very first track "Big Guns", Skid Row was delivering something packed full of angst and energy. Diving further into the album, I noticed many things including sleazy but heavy guitar riffs, gut-busting bass lines, pounding drums and extremely powerful vocals that were also very high quality seeing as Sebastian Bach has featured Broadway. Tracks like "Rattlesnake Shake", "Here I am", "Youth Gone Wild" and "Can't Stand the Heartache" rock with a fun yet edgy attitude making the listener want to get up and out of their seats. To counterbalance these rambunctious and loud tunes, Skid Row also throws in some brilliantly constructed ballads, such as "18 and Life" and "I Remember You", which deliver powerful lyrics in a slower and more melodic fashion. I'm not going to lie to you, I've shed more than one tear listening to "I Remember You". The one thing this record lacks in my opinion is musical complexity which in essence is not very important to Hair Metal anyways. However, if you're looking for something fairly old school, with a lot of energy and attitude that you can rock out to on a Saturday night, this is the record for you.

3/5 Stars

Anybody open to new musical experiences should feel free to contact us for a zesty recommendation from our abundant and obscure collection of music.

## Rapper of the Month

By Alexander James Bevilacqua

If an old school style mixed with a new school sound is what you're looking for. This month's rapper of the month is Jo-Vaughn Virginie Scott, or better known as Joey Bada\$\$\$. Scott is from New York City and is a co-founder of the rap group Pro-Era.

In June, 2012, Scott released his first mixtape, 1999, which was followed by Rejex, another mixtape, in September of the same year. His most recent mixtape, Summer Knights, was released on July 1st, 2013. Scott is currently working on his debut studio album due for release on January 20th, 2015; the album he is working on is called B4.DA.\$\$. Since July, Scott has been working and releasing singles such as Big Dusty, No. 99, and Unorthodox. Scott featured on many songs with many famous rappers such as Audio Push - Tis the Season and A\$AP Rocky - 1Train.

Scott's style is unique and not comparable to other rap artists, he has sort of a grunt, old-school voice and style. Most rappers go for a mainstream sound and that's the only way they think they can get famous, but Scott is doing it another way. Scott has much potential and is using it to his benefit, which will get him places in the future.





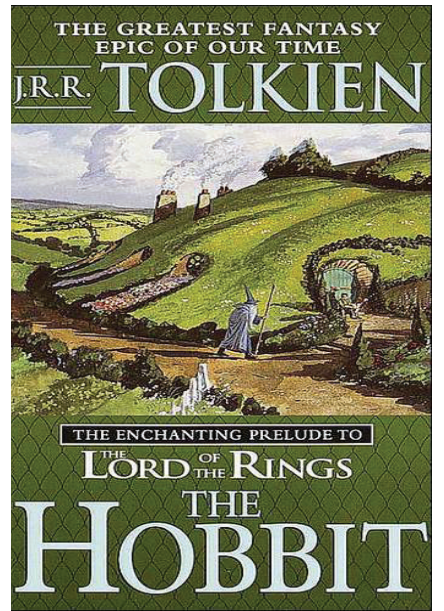
## Long Journey, Short Read

By Zach Amico

It might be long in page numbers, but it feels shorter than a Dr. Seuss book. This is the prelude to one of the most well-known book series in recent memory: The Lord of the Rings. You guessed it; it's The Hobbit, the tale of Bilbo Baggins. This book starts off with Gandalf asking Bilbo on an adventure, which is promptly refused. Gandalf takes no notice of the refusal and soon has a reluctant (at first) Bilbo going on an epic adventure with thirteen misplaced dwarves.

From the Shire, where nothing interesting ever happens, (supposedly) to the lonely mountain, this book is captivating. J.R.R. Tolkien's incredible scenic and character descriptions lend this novel amazing life. In-depth dialogue between characters also lends to the story being told. Throughout the story, the reader experiences Bilbo changing from the timid hobbit he was, into the so-called "burglar" Gandalf had originally told the dwarves that he was. Over the mountains and through the woods, this book is truly an epic narration of an enrapturing journey.

Bilbo finding the one true ring also sets up the series nicely when he steals it from Gollum in the misty mountains. If you want to see how he uses it, read the book! This is a great book and well worth the read, especially if you have read or seen the Lord of the Rings books/movies. It's also a good idea to check it out if you have seen the Hobbit movies.



## Mooving to Laughter

By Adam Caezza

In the past month, I had the opportunity to watch Timberlane's Milkmen Improv group's performance which was a hysterically, fantastic performance. For those of you that don't know, the Milkmen are a comedic improvisation group with ten of Timberlane's top jokers. In their performances, the "Milkie's" play a series of games where a few are selected and given an objective or idea to follow. This is all done unscripted and without anything but their wits to make the audience laugh.

In the most recent show that I was able to attend, there were quite a few games which brought out laughs from the entire audience. These games are usually no longer than 5-10 minutes where the selected performers do everything they can to make the audience laugh and just "survive" in the scene. There are also special types of games, whether they are for a special occasion like a holiday, event, or just for fun. One of these special games that was featured in the most recent show was called a "long-form." The basic gist behind it is that the Milkmen have a very short time to create a sort of plot to stage a 30-45 minutes of non-stop performance of pure improvisation. I had never seen a long-form and it was truly impressive. About 35 minutes of near constant laughing is something I thought I would never experience.



After having watched the show and recovered from the hysterical laughter, it is apparent to me that not only are the Milkmen incredibly funny and entertaining, but equally as talented and amazing. To be able to make a crowd as hysterical as they do nearly every show is no easy task, being part of the performing sect of Timberlane, I know firsthand just how difficult it is to please everyone in an audience. To finish up, the Milkie's show was absolutely hilarious and I plan on seeing many more. The Milkmen host a show roughly once every month and I recommend you find out about the next one coming up, you won't want to miss it. They are an incredible group and they get 5 stars in my book.

## Selma Review

By Blake Hammond

It's surprising, and indeed says something, that no movies have been made about MLK. He makes cameos in other movies about racial issues, including the recent film The Butler. However, Ava Duvernay's new film, which had a limited release on Christmas before being released on a wider base on January 9th, focuses on Dr. King alone. Perhaps the sociopolitical atmosphere has never been conducive, up until now, for this movie to be made. Perhaps Hollywood has always understood how important a cultural contribution this movie would inevitably be, and were waiting for the perfect time to create it.

The idea of it had been floating around for a while. Originally Lee Daniels was going to be the director, the man behind The Butler. Then, and perhaps for the better, Ava Duvernay adopted the project. She was the first female African-American to win the Best Director Award at the Sundance Film Festival in 2012 for Middle of Nowhere, which is where she met David Oyelowo, Selma's leading man.

The role he took is a difficult one; Dr. King is an enigma in American history, a face recognizable across the nation. But he tried not to play the character, tried not to be the preacher from the videos; he tried to be the man. It's his interpretation, but this is what makes it a great performance. Viewers will see Dr. King as never before, as a man instead of a symbol. The film portrays him not as a hero, but a leader; susceptible to depression, to mania, all stemming from the complicated ego at the center of a famed man. And it focuses on a famed moment in his life.

Not the I Have a Dream Speech. Selma takes place about a year after that speech and the March on Washington. The focus is instead on the three marches to Montgomery, AL from Selma, AL that Dr. King organized in 1965, which helped pass the Voting Rights Act of 1965. It stays within the time frame, it doesn't try to cram his life into a two hour film like the abomination that was The Iron Lady, the biopic about Margaret Thatcher which did just that. Within the time frame of this movie though, DuVernay addresses the Civil Rights Movement, King's private life, his adultery, his marital issues, and his relationship with LBJ.



Which has been the main point of criticism, with many feeling that it made LBJ look like he was against the Civil Rights Movement. I think this is an exaggeration because I didn't get that vibe at all; it was definitely made clear that Dr. King added stress to LBJ's Presidency, but the fact that LBJ supports him is never put into doubt. He's obviously under stress with all the drama that was happening in Selma, but he never tries to stop MLK. He only asks him to back off to avoid more violence after the protesters were charged down on the Edmund Pettus Bridge, an incident that has become known as Bloody Sunday.

Which is the best example of camerawork in the film. The terror translated through the film during the Bloody Sunday scene is extremely powerful; especially with how reminiscent it is to the scenes we see on the news in Ferguson. The clouds of tear gas and violence towards protesters is vividly similar to contemporary viewers which makes this movie all the more important.

The great performances by David Oyelowo, Tom Wilkinson as LBJ, and Carmen Ejogo as Coretta Scott King are fantastic and only make this movie better. Common also appears as Civil Rights Activist James Bevel. All this with the great shots of Bloody Sunday, no lack of relevance, and a brilliant portrayal of a great man make this one of the most important movies to have been released as of late.

## Best Albums of 2014

By Blake Hammond

These albums are in no particular order. This isn't based on popularity. They have made it here after a long journey, as artistic creations.

### 1. Shrink Dust by Chad Vangaalen

The self-proclaimed Canadian weirdo's new album, *Shrink Dust* has held major popularity on community and campus radio stations across the US and Canada, which makes sense because it's far too weird to be played anywhere else. This is seen in the first song "Cut Off My Hands," which begins as a normal 2010's hipstery kind of acoustic soft voice singer-songwriter ordeal but takes an interesting turn when the atonal synth dialing begins in the background, and the lo-fi sax solo begins. Much of this lo-fi sound is reminiscent of Neutral Milk Hotel and other Elephant 6 bands, but the elapsed time has certainly given a more advanced sound to the electro nonsense added to the Indie Rock sound of this album. It is odd, and the lyrics at times are visceral and disturbing. Nonetheless this album is ahead of its time. Like most brilliant albums, it is timeless, and will only be appreciated more as time goes on.

### 2. The Powers That B by Death Grips

Death Grips is known for their intensity; since 2011, when they released their first mixtape *Exmilitary*, they've been pumping out albums (released for free like the iconoclasts they are) combining hardcore punk, hip-hop, and avant-garde electronica. Their new material isn't like their previous releases only because it lacks the same aggression, but this is evolution. At times, the listener can even hear some Sly and the Family Stone influence, or even some Jazz Fusion-esque rhythms. Many critics have voiced their disappointment at how laid back this album is compared to their previous releases. But although it lacks that anger, it has the same flavor that has made Death Grips one of the most important voices in Hip-Hop of late. Their forward-looking and fearless sound that combines so many different influences with the odd style and beautifully cryptic lyrics of MC Ride give this album a rightful place as one of the best of 2014.

### 3. the imagined savior is far easier to paint by Ambrose Akinmusire

Akinmusire has emerged as a brilliant young voice in modern Jazz. His incredibly mobile second album expands his quintet of Walter Smith (tenor sax), Justin Brown (drums), Harish Raghavan (bass), and Sam Harris (piano) into a sextet with the addition of guitarist Charles Altura. His maturation as a jazz artist can be heard on his solos in the two opening songs, particularly the opener, a gorgeous and harmonic duet with his trumpet and Harris on the piano. A number of vocalists also make an appearance, including Canadian singer-songwriter Cold Specks, and even some spoken word performances, making this album a genre-bending masterpiece. Akinmusire shows he has grown as a soloist, varying between aggression and ethereal listing. Some of it sounds like pop, some swings hard, and some is pure poetry. The whole aesthetic is brilliantly captured in the 16-minute closer *Richard (Conduit)* which moves seamlessly between different mediums, alternating between bebop, modal, and even free jazz landscapes perfectly; making for a wonderfully modern sound that still pays tribute to the genres long history.

### 4. Pretty Low by Expire

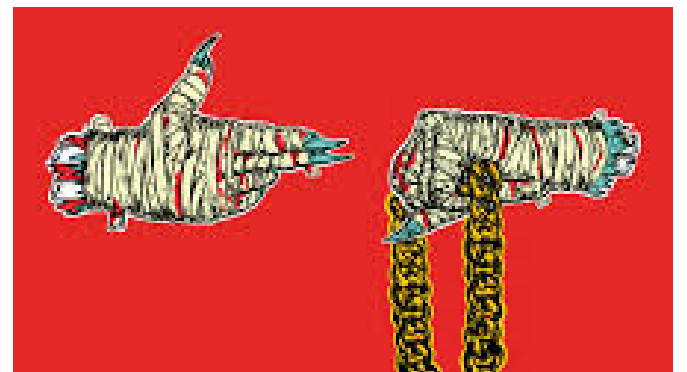
Nothing new here, but something fantastic. It's on the heavier side, and this is a side that has been constantly changing; it's an environment where every band wants to try to start their own genre. This album is pure post-hardcore, no nonsense; listening to this in the hallway may cause outbursts of violence followed by hugging. Or crying. Or both. The lyrics aren't awful, in fact, they're rather decent for punk; full of angst, with some witty jokes thrown in that can't be printed here. It may be dangerous bringing this album on a boat as well, because it's just that heavy. The most modern vibe found here are some sludgy sections that will please fans of the likes of Code Orange Kids (their first album anyway). This is their second album, following 2012's *Pendulum Swings*, which was decent but not as good as this album, which for its raw energy deserves a place on this list.

### 5. CLPPNG by Clipping

Now that Death Grips has broken up we are left with Clipping. It's more experimental than anything else, unlike Death Grips which takes in punk and EDM influences. This is rapping over noise. If music production software made noise when it crashed or was uninstalled, it would sound like this. Yet at the same time, it's got a humanizing aspect, especially on the first song "Intro." The rap goes over a lengthy white noise tone, and it's different, which is most important, it's new. The absence of "normal" beats and samples gives this album something fresh that makes it seem more like its own creation and less like part of an idiom.

### 6. Run the Jewels 2 by Run the Jewels

This collaborative project between Atlanta rapper Killer Mike (brilliant pun) and NYC producer El-P began last year with the original *Run the Jewels*. These two artists had been prominent in modern hip-hop prior to their collaboration, and despite their close friendship their first album seemed awkward at parts; as if they made it not because they worked well together but were just good friends. This second album works out the kinks. It's like trap music, but good. Killer Mike's flow works perfectly with the smooth production and witty samplings of El-P. This album is the pinnacle of hip hop for 2014; it works brilliantly within the medium while maintaining a sense of individuality. The aggression is intense, especially on the first song; and the beats are reminiscent of earlier hip-hop, especially on "Close Your Eyes" which features Zack de la Rocha of Rage Against the Machine. His verse on this song is the only thing to complain about with this album. When people look back on hip-hop in 2014, this album will stick out, and for good reason.



## 2014's Worst Songs

By Courtney Cabuzzi

In 2014 there were some awful songs. Everyone has different taste in music, a song can be favored by one person but then despised by the next. During the year of 2014 there have been many songs that have come out in many different genres. While doing research, I came across the songs that according to every day listeners, rated poorly.

### 1) "Hangover"- Psy featuring Snoop Dogg

There is nothing resembling a tune or melody throughout the whole song. In the song, they overly repeat the word "hangover" and it gets real boring, real fast. Many viewers have stated that they think this song downgraded Snoop Dogg.

### 2) "Come Alive"- Paris Hilton

Paris Hilton was the weakest link in her own song and there's way too much digital tweaking to her voice. Even though most singers use digital tweaking, Paris Hilton had to use a lot more than any singer should. Paris Hilton isn't even a singer to begin with and it should be kept that way.

### 3) "New Thang"- Redfoo

The lyrics Redfoo used in "New Thang" are rude and can be offensive to women. While listening to the song, it didn't make sense to me and it didn't get me going. I wanted to turn it off more than I wanted to listen to it.

### 4) "Ew!"- Jimmy Fallon featuring will.i.am

The song had really no meaning to it and didn't have a good tune. The song is basically based off of a skit that Jimmy Fallon does on the "Tonight Show". The skit was about 2 girls trying to take a selfie. To sum it up, they were basically making fun of girls.

### 5) "#selfie"- The Chainsmokers

The song #selfie was all about girls taking selfies and posting them on Instagram. The song didn't have any meaning to it besides girls taking selfies and posting them on Instagram. The people who sang in song are people that no one has ever heard before and quite frankly, are not even singers.

In conclusion, these songs were based off of many people. Out of 5 stars, 1 star being the worst and 5 being the best, all these songs either got 1 or 2 stars. Some viewers may or may not agree with what the song was rated but, all of the ratings were based off of what I found online.



## Are We Alone?

By Brian Lonergan

Conspiracy theories have become a large part American popular culture and interest since the Cold War with increasing secret military black projects and operations. Some have been either proven or disproven with the Freedom of Information Act (July 4th, 1966). Conspiracy theories speculate alternate realities about major events and government activities which is natural when the government classifies millions upon millions of documents every year. This issue I will be covering is one of the most infamous, long lasting, and scientifically speculated conspiracies known to man.

Humans have always asked the question “are we alone in this universe?” whether through literature, film, news or any other type of media. If you don’t know by now, I’m talking about aliens. Yes, everyone has at one time or another encountered the almost legendary presence aliens have in our society. People have become fixated on not only the possibility of the existence of an alien race but also about the possibility of a visitation by an alien race on planet Earth itself. Every year there are thousands upon thousands of UFO sightings, abductions and sightings of extraterrestrial beings from all over the world. They have also concluded that the United States government has knowledge of an alien presence on our planet and have even claimed that we’ve had contact and relations with these extraterrestrial beings.

The root of these theories lie in the American Southwest which is known as “UFO Hotbed” with hundreds of reported sightings every year as well as being the home of many top secret military bases including the infamous “Groom-Lake Area-51” base deep in the deserts of Nevada. A component of Edwards Air Force Base the base lies in an extremely remote and well-defended location. It is rumored that anyone who tries to enter within a 2 mile radius is automatically met by a swarm of armed guards. Not only is the ground at area 51 well defended but the Airspace is also virtually impenetrable known in the aviation world as Restricted Area 4808 North (R-4808N) or “Homey Airport”. Little is known about what goes on in the confines of the basement and the government has even denied its existence at one point. This has led to mass speculation of many conspiracies in connection with the base including contact and meetings with extraterrestrial beings, reverse engineering of alien air/space craft and other alien technology, development of time and teleportation technology, the design of exotic energy weaponry (Death Ray), activities conducted by the Majestic 12 (fabled government organization popular among UFOlogists) and many other secret government activities Some believe Alien visitors came much earlier than the 50’s claiming many major technological and philosophical developments of ancient times are due to Alien influence.



What do you believe? Are we alone? Have we secretly made contact with an extraterrestrial race? Are government contracted scientists and engineer working/exchanging ideas with these beings? Are they a threat to humanity? Do we owe many advancements to aliens? I leave you to discover and decide.

## Immigration Policies

By Blake Hammond

About 2 months ago now Barack Obama addressed the nation to tell him he was taking executive action on the issue of immigration. This after years of Congress talking of taking action, but not getting much done. Obama said during his elections that he intended to reform our nation’s immigration policies, and with a Congress that doesn’t seem anxious to help him he has to take Executive Action.

This has garnered a lot of criticism. Many feel that he is stepping outside of his bounds as President, but Executive Actions are pretty common. The only President to never take any Executive Actions was William Henry Harrison, and he was only in office for about a month. Critics of the President are upset that he is taking such a large initiative on his own, but this is overdue at the least. Immigration has been buzzing as a point of change for so long and nothing has happened.

The President, then, plans to give all undocumented immigrants who’ve been here longer than 5 years the right to stay. Conservative politicians feel that this too far, that all illegal



immigrants should be deported. But to go out rounding up undocumented people and deporting them shouldn’t happen in a democracy. This is a country built by immigrants, so why should we be so anti-immigration now? As the President points out, many of these undocumented immigrants are working families. Some are criminals, and he says they will be deported if found. He stresses that the borders are more secure than ever, with the lowest level of undocumented crossings since the 1970’s.

Immigrants have become an extremely vital part of the American economy and can’t simply be removed. America has always been a place for people to come when they are hard-working and want a better future for themselves, and that image shouldn’t be compromised by isolationist conservatives who think immigrants will corrupt our virtues.

This speech means more than just change in immigration though. Obama is making a statement that he cares enough to take Executive Action on this issue. It’s a wake-up call for Congress, to tell them they need to actually pass bills. They can’t not do anything and then criticize Obama for doing his job. This is the answer Obama has offered to all critics from Congress, “Pass a Bill.” So I support Obama’s decision to change immigration policy and offer safety to those undocumented immigrants who’ve been here for at least five years, because at least something is happening, at least the problem is being addressed.

## A Senior Library

By Blake Hammond

It’s been said that 80% of a good education doesn’t happen in a classroom, but through individual study. Any school that understands this has other academic materials to offer their students besides normal course material, and our school is relatively good at that. Our library here offers a lot of different books, CD’s etc., but they try to prevent students from accessing certain books they don’t consider appropriate.

Last year I skipped Chemistry and went to the library to read *Naked Lunch* by William S. Burroughs. I walked in, sat down, and as the librarian Miss Blanchette walked by, she said “Oh, *Naked Lunch*, that’s a great book. A student was in here just yesterday asking about that, but we don’t have it in here.”

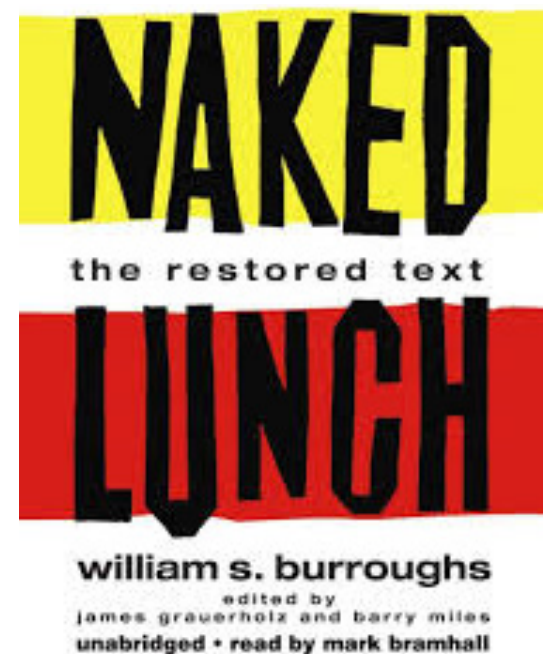
“Really? Why?” I asked her.

“Administration doesn’t like us having books like that here. It’s fine if it’s got literary merit, but they don’t think that book does,” she replies.

The purpose of our library is for students to have easy access to books, especially important books. Books like *Naked Lunch* or *Fear and Loathing in Las Vegas* can’t be found in our library despite the fact that they’re two of the most important books of the previous century. The former was an important novel of the Beat Generation, the latter the pinnacle of Gonzo journalism, and one of the most honest portraits of the 60’s counterculture ever written. These should be fine but, god forbid, they involve drugs. They act like high schoolers know nothing about drugs, and we need to be sheltered from such obscene literature. These books don’t glorify these topics, but deal with them realistically.

*Naked Lunch* also has explicit sexual material. Books in our curriculum, however, such as Shakespeare’s plays like *Romeo and Juliet* or modern novels like *Speak*, also have sexually explicit material. And if we can read these in class, we should be able to read other books like *Naked Lunch* that have more literary merit. *Naked Lunch* has innovative prose, it breaks conventions, and there are kids in the school who could be reading material such as this and benefit from it. Timberlane has a good writing community, and writers want to read things that will inspire and educate them about their craft and we shouldn’t be denied this because great writers often address heavy topics in explicit ways that administration feels we as students can’t handle.

Which is itself ridiculous. If anyone should have access to great literature that addresses these topics it’s students, the ones that require education and intelligent voices on “inappropriate” subjects that become more and more prevalent in their lives as high school goes on. There should at least be a “Senior Library” where older students can have access to books such as this; classics that push the envelope.



## New Year's Resolution Guide

By Olivia Doulames

New Year's is a time to come up with a resolution for the new year to better yourself. It's common for people to just disregard their resolution as the New Year continues. It's understandable, and when things get busy, it's easy to forget about your resolution all together. With these tips, you should be able to accomplish your resolution, and have a successful new year.

When setting a new year's resolution, make sure it's something really important to you, and it's what you really want. Common resolutions are too usually to eat healthier, lose weight, or go to the gym. If your resolution is centered on improving ones health to losing weight, you should get a gym membership. You will be paying monthly, so that will most likely be an incentive for you to go. No matter what your resolution is, it's also a good idea to talk to friends with the same resolution, or who are already living that lifestyle. They will help motivate you to continue with your resolution when you feel like giving up.

For any goal, it's also helpful to set a specific, measurable goal. Your goal should be doable for you. It may also be helpful to set a specific date or time period to accomplish your goal by. Your resolution should also be something that's realistic to you. If you set your goal too high, you could be easily discouraged and give up in a week. Throughout the year, think about how happy you'll be next New Year's Eve if you've kept up with your goal.

Sticking to your resolution can be hard for everyone. Hopefully, following these tips will help you to accomplish your goals, and have an amazing new year!



## New Year New You

By Jordan Nason

5..4..3..2..1! The ball drops and everyone yells, "Happy new year!" The first thing that runs through your mind is, "It's a new year, so that means a new me." You're probably thinking "time to hit the gym, gonna start eating better." It's ok, you're not the only one who wants to look ripped for summer. Unfortunately for you, Miracle Gro doesn't work on humans, and you're not taking steroids, so scratch that idea. A lot of people will hate on the idea of "new year, new me", but forget the haters. That's what I say. The beginning of the year is the best time to re-invent yourself, so you do you because 2015 is going to be your year.

If you really want to be able to use the phrase "new year, new me", and get away with it then you need to make a doable change. You can either make a physical change or a psychological change. If you're thinking about making a physical change, do something crazy! Shave your head. Britney Spears got away with it, so why can't you? If you're not looking for something so crazy, then maybe just change your style. If you're planning on making a psychological change, do something creative. Read a book, change your outlook on life, view things in a positive light, try new things and take risks. Start hanging out with new friends. Join a club, make a name for yourself. No matter what you decide to do in 2015, whether it's doing what you've been doing, or making a change, do what makes YOU happy.

Remember to always be smart and safe. Make 2015 your year.



## Computer Programming

By Logan Lourette

Imagine playing your favorite game. You just beat a hard level, and finally moved onto the next one. But, you don't go on to the next level. Instead, you might have to repeat the level you just did, or worse, go back a level, or two, or ten.

What you may have just found could be a bug. Computer bugs tend to be annoying for the program user, causing programs to do things such as give incorrect results to the entire program, crashing, possibly causing you to lose anywhere from a few minutes to a few hours worth of work. But what are they, why are they named after insects, and why do they happen? Well, let's find out.

The term bug has quite a few origin stories, with the most famous one being about Grace Murray Hopper. In the story, she discovered a Harvard Mark II computer producing incorrect answers. When she looked inside the machine, she found a moth squashed between the contacts of an electromechanical relay, preventing it from fully closing, hence the term "bug." However, she also taped the moth into a operator's logbook after extracting the moth, with the comment "first actual bug found," implying the term may have already been in use. The term became popular just because programmers did not want to say their programs had errors. No matter what you call it, they are still the same either way, so lets find out what these programming menaces are.

Bugs are errors in a program created during programming. While programs should not have bugs at all, an inhuman amount of precision is required, thus in practice, programs will tend to have bugs. There are five types of bugs: token errors, syntax errors, syntax constraint errors, execution errors and intent errors. Token errors happen when a word or symbol is in the code that is not in the vocabulary of the language used to create the program. When this occurs, the compiler is unable to follow the instructions of the code. A syntax error occurs when incorrect grammar or punctuation is used according to the syntax of the programming language. Every word and symbol is recognizable, but the compiler still cannot follow the instructions given to it. It would be like telling a person to "tree down cut," where every word is recognizable, but the sentence itself is arranged incorrectly. The difference is that even though we could interpret the sentence, a computer could not and would only see "tree down cut," leaving it unable to accomplish the task.

A syntax constraint error is when the compiler cannot determine the meaning of a program. Compared to a sentence, it would be grammatically correct, but meaningless. For example, if you told someone to "cut down the furious tree," it would be grammatically correct, but the "furious tree" part would be meaningless because of the adjective "furious," only confusing the computer.

All of these errors are thankfully found and pointed out by the compiler when the program is being compiled to be run. Unfortunately, there can still be more errors found when the program actually runs. First is the execution error, which occurs when the program discovers it cannot perform an action because it is impossible (such as dividing by 0). This is also known as a run-time error because it is only found when the program is running. However, there is one more bug that cannot be found on its own by the compiler. An intent error happens when the program completes its calculations but gives the wrong answer. Since the program cannot determine what you intended for it to do, or if the program does not do what you intended, this bug could go unnoticed, as the program will not throw up an error message. This may also be the hardest error to fix because you don't know what went wrong or where. Sometimes this may even cause later errors, such as execution errors.

Overall, bugs can be very annoying to both the programmer and the user. However, since companies prefer not to have horrid reputations and risk bankruptcy as a result, they will try to make quality programs with most, if not all bugs fixed before the product goes on sale. And thankfully, a majority of the bug types will give helpful error messages pointing the programmer to where the problem is, allowing them to be quickly solved, much to the benefit of us and the programmer.

<https://www.cs.cmu.edu/~pattis/15-1XX/common/handouts/bugs.html>